



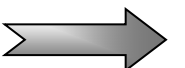
2020 JUNE Home Delivered Meals Menu

Alignment Healthcare

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Hardboiled Eggs (2), Milk (2) Orange Juice, String Cheese <u>WW Bread w/Promise & SF Jelly</u> Beef, Barley & Mango Salad Bow Tie Pasta Salad WW Dinner Roll w/Promise <u>SF Pudding</u> Roast Turkey w/Gravy & Cranberry Sauce Mashed Potatoes Green Beans w/Mushrooms WW Dinner Roll w/Promise Applesauce	Oatmeal, Milk (2) Orange-Pineapple Juice, Low Fat Yogurt <u>WW Bread w/Peanut Butter & SF Jelly</u> Veggie Egg Salad Coleslaw Salad WW Bread Mayonnaise <u>Fresh Apple</u> Braised Tilapia w/Savory Tomato Sauce Wild Rice Pilaf Peas & Carrots WW Dinner Roll w/Promise Fruit Cocktail	Bran Flakes, Milk (2) <u>Orange Juice, String Cheese</u> Greek Salad on Spring Mix w/Garbanzo Beans, Chicken Strips & Vinaigrette Dressing Carrot Raisin Salad WW Crackers <u>SF Custard</u> Macaroni & Cheese Stewed Tomatoes Broccoli Florets Mandarin Oranges	WW Bread w/Peanut Butter (2) & SF Jelly Milk (2), Orange-Pineapple Juice <u>Low Fat Yogurt</u> Beef Taco Bowl (Ground beef, pinto beans, corn, shredded cheese, tortilla strips & cilantro lime dressing) <u>SF Cookies</u> Chicken w/Vietnamese Caramel Sauce Brown Rice Asian Vegetable Blend Fruited Gelatin	Yogurt Parfait w/Diced Peaches Milk (2) <u>WW Bread w/Promise & SF Jelly</u> Crab Pasta Salad California Salad WW Dinner Roll w/Promise <u>Tropical Fruit Mix</u> Turkey Pot Roast w/ Brown Gravy Sweet Potatoes Mixed Vegetables WW Dinner Roll w/Promise Pineapple Chunks
8	9	10	11	12
Bran Muffin, Milk (2) Orange Juice <u>Low Fat Yogurt</u> Butternut Squash Pasta w/Feta Cheese Tomato & Zucchini Salad WW Dinner Roll w/Promise <u>Mandarin Oranges</u> Kung Pao Chicken Jasmin Rice Oriental Vegetable Blend SF Cake	Hardboiled Eggs (2), Milk (2) Orange-Pineapple Juice, Low Fat Yogurt <u>WW Bread w/Promise & SF Jelly</u> Heart Healthy Salad (Garbanzo Beans, Corn, Kidney Beans, Diced Tomatoes, Feta Cheese w/Olive Oil & Lemon Juice) WW Dinner Roll w/Promise <u>SF Cookies</u> Meatballs w/Swedish Sauce Egg Noodles Green Peas WW Dinner Roll w/Promise Fresh Orange	Oatmeal, Milk (2) Orange Juice, Low Fat Yogurt <u>Raisins</u> Chicken Fiesta Salad Carrot Raisin Salad WW Dinner Roll w/Promise <u>SF Fruit Crisp</u> Pork Tenderloin w/ Mushroom Gravy Mashed Potatoes California Vegetable Blend WW Dinner Roll w/Promise Applesauce	Cottage Cheese, Milk (2) Orange Pineapple Juice <u>WW Bread w/Peanut Butter & SF Jelly</u> Thai Chicken Salad w/Dressing WW Crackers (2) <u>Tropical Fruit Mix</u> Mrs. Friday Fish w/ Tartar Sauce Cilantro Lime Rice Broccoli WW Dinner Roll w/Promise Fresh Fruit	Multigrain Cheerios, Milk (2) Orange Juice <u>Low Fat Yogurt</u> Cranberry Basil Chicken Salad Quinoa Salad WW Dinner Roll w/Promise <u>Ambrosia</u> Stuffed Pepper Brown Rice Spinach WW Dinner Roll w/Promise Pineapple Chunks
15	16	17	18	**19**
Hardboiled Eggs (2), Milk (2) Orange Juice, <u>WW Bread w/Promise & SF Jelly</u> Tuscan Tuna and White Bean Salad Zucchini & Tomato Salad WW Dinner Roll w/Promise <u>SF Fruited Gelatin</u> Grilled Chicken Breast w/ Lemongrass Sauce Brown Rice Oriental Vegetable Blend WW Dinner Roll w/Promise Canned Apricots	Cottage Cheese, Milk (2) Fruit Cocktail <u>Mini Muffin</u> Beef Hamburger on WW Bun w/ Mayo & Mustard Coleslaw Salad <u>Mandarin Oranges</u> Beef w/ Bolognese Sauce & Parmesan Cheese Bow Tie Pasta Italian Vegetable Blend Breadstick Pineapple Chunks	Multigrain Cheerios, Milk (2) Orange-Pineapple Juice, String Cheese <u>WW Bread w/Promise & SF Jelly</u> Veggie Egg Salad Couscous w/Parmesan & Pea Salad WW Dinner Roll w/Promise <u>Fresh Apple</u> Chicken Breast w/ Florentine Sauce Wild Rice Broccoli WW Dinner Roll w/Promise Fruit Mix	Bran Muffin, Milk (2) Orange Juice <u>Low Fat Yogurt</u> Mexican Chicken Bowl w/Chicken Strips, Rice, Corn, and Beans Tortilla Strips & Salsa <u>SF Custard</u> Beef Goulash Mashed Potatoes w/Promise Spinach Ambrosia	"Father's Day Celebration" Oatmeal, Milk (2) <u>WW Bread w/Peanut Butter & SF Jelly</u> Butternut Squash Pasta w/Chicken Strips California Salad Orange Juice <u>SF Cookies</u> Stuffed Bell Pepper Baby Baker Potatoes w/Promise Chef Cut Vegetables Parker House Roll IW Chocolate Cake



Voluntary Contribution \$5.25 per day.


TURN OVER





2020 JUNE Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
22 Multigrain Cheerios, Milk (2) Orange Juice <u>Low Fat Yogurt</u> Chicken Salad Harvest Salad w/Cranberries & Almonds WW Bread w/Promise <u>Canned Peaches</u> Salisbury Steak w/Brown Gravy Mashed Potatoes Green Beans w/Mushrooms WW Dinner Roll w/Promise Fruited Gelatin	23 Mini Muffin, Milk (2) Orange-Pineapple Juice <u>Low Fat Yogurt</u> Provencal Tuna Salad Corn, Lima Bean & Tomato Salad WW Dinner Roll w/Promise <u>SF Cookies</u> Chipotle BBQ Chicken Spanish Rice Oregon Bean Medley Fresh Orange	24 Cottage Cheese, Milk (2) Pineapple Chunks <u>String Cheese</u> Beef, Barley & Mango Salad Tomato & Red Onion Salad WW Dinner Roll w/Promise <u>Mandarin Oranges</u> Baked Fish w/Pesto Sauce Rice Pilaf Sliced Carrots WW Dinner Roll w/Promise SF Custard	25 Oatmeal, Milk (2) Orange Juice, Low Fat Yogurt <u>WW Bread w/Promise</u> Chinese Chicken Salad (Chicken, shredded carrots & cabbage, mandarin oranges & sesame dressing) WW Dinner Roll <u>Tropical Fruit Mix</u> Cubed Beef w/Stroganoff Sauce on Pasta Noodles Spinach SF Fruit Crisp	26 Hardboiled Eggs (2), Milk (2) Orange Juice <u>WW Bread w/Promise & SF Jelly</u> Ham Sandwich w/Hamburger Bun Carrot Raisin Salad Mayonnaise <u>Ambrosia</u> Baked Potato w/Vegetarian Chili Shredded Cheese & Sour Cream California Vegetable Blend Broccoli Apple
29 Oatmeal, Milk (2) Orange-Pineapple Juice <u>WW Bread w/Promise</u> Chicken Fiesta Salad Cucumber Salad WW Dinner Roll w/Promise <u>Fig Bar (Diet: Fresh Fruit)</u> Baked Meatloaf w/Brown Gravy Egg Noodles Mixed Vegetables WW Dinner Roll w/Promise SF Fruit Crisp	30 Mini Bagel w/Cream Cheese, Milk (2) Orange Juice <u>Low Fat Yogurt</u> Crab, Corn & Tomato Salad Quinoa Salad WW Dinner Roll w/Promise <u>Canned Apricot</u> Chicken Drumstick (1) Baked Sweet Potato California Vegetable Blend WW Dinner Roll w/Promise Mandarin Oranges			
				

The project is funded in part through funds from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors. All Meals comply with the Dietary Guidelines for Americans (DGA) 2015 & the Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Health and Human Services Agency & the U.S. Department of Agriculture. Sugar free desserts and water packed fruits are used throughout the menu to accommodate diabetics. 1% milk served daily. The voluntary contribution is \$5.25 per day. Weekly average meals provide >1600 calories. Sodium is analyzed on a daily basis to not exceed 2300mg. Any meals that exceed 2300mg of sodium is indicated with a salt shaker icon . Special meals are indicated with an *, sodium may exceed 2300 mg sodium. Please note condiments are not analyzed and may increase sodium.